

CAPITOL LUNCHROOM MENU

<http://www.state.nd.us/fac/>

MONDAY, OCTOBER 9

GRILL	PIZZA BURGER WITH CHIPS @ \$2.95 WITH FRIES	\$3.95
LOWFAT	CHICKEN WRAP	\$2.95
FEATURE	ROTINI HOTDISH WITH VEG. AND ROLL	\$4.58
FEATURE	BEEF STEW IN A BREAD BOWL	\$4.58

TUESDAY, OCTOBER 10

GRILL	RUEBEN SANDWICH WITH CHIPS @ \$3.50 WITH FRIES	\$4.50
LOWFAT	STUFFED TOMATO SURPRISE	\$2.95
FEATURE	SWEDISH MEATBALLS WITH POTATO, VEG. & ROLL	\$5.14
FEATURE	BAKED POTATO WITH BROCCOLI N CHEDDAR (EXTRA TOPPINGS AVAILABLE: (Cheese, Bacon, Fat Free Ranch, Fat Free Sour Cream-.25 each)	\$3.25

WEDNESDAY OCTOBER 11

GRILL	PEPPERONI PIZZA ONE SLICE	\$2.00
LOWFAT	ITALIAN ROTINI SALAD WITH 2 CHEESE BREADS	\$4.90
FEATURE	CHICKEN FRIED STEAK WITH VEG, POTATO AND ROLL	\$5.14
FEATURE		

THURSDAY, OCTOBER 12

GRILL	FLEISCHKEUCHLE @ \$2.75..... WITH POTATO SALAD	\$3.50
LOWFAT	VEGGIE PIZZA BAGEL HALF	\$1.65
FEATURE	HOT TURKEY (MASHED POTATOES, CLOSED FACE)	\$5.14
FEATURE	LAZY PIGS HOTDISH WITH VEG., & ROLL	\$4.58
FEATURE	BAKED POTATO WITH BUTTERBLEND (EXTRA TOPPINGS AVAILABLE: 25c EACH)	\$3.25

FRIDAY, OCTOBER 13

GRILL	CHICKEN STRIPS WITH POTATOES	\$5.14
LOWFAT	TUNA SALAD (NOFAT MAYO) ON HEALTHY CHOICE BREAD	\$2.95
FEATURE	BAKED COD WITH POTATO, VEG. ROLL	\$5.14

DAILY SPECIALS

FRENCH FRIES ARE \$1.25 OR \$1.00 WITH A SANDWICH

*** GRILLED CHICKEN ***		\$2.95
HOT BEEF SANDWICH		\$4.90
ROAST BEEF DINNER		\$5.14
SALAD BAR		\$1.90
CHILI	CUP \$1.50	BOWL \$2.50
SOUP	CUP \$1.45	BOWL \$2.29

CAFETERIA HOURS: 7:00 A.M. TO 4:30 P.M.

BREAKFAST: 7:00 - 10:30

LUNCH: 10:30 - 1:30

